



# Roasted Sweet Potato and Kale Caesar Salad

I love a Caesar salad, and this one is delicious. Often the best part of a Caesar salad is the croutons, but the sweet potatoes are a fabulous stand-in.

*created by: Kim Campbell*

## INGREDIENTS

### SALAD:

- 1 medium sweet potato, peeled and diced (3/4-inch cubes)
- 1/2 teaspoon dried rosemary
- 1/4 teaspoon dried thyme
- Sea Salt
- Black pepper
- 1 bunch kale
- 1 small red onion, thinly sliced
- 1/4-1/2 cup Caesar Dressing
- 1/4 cup raw sunflower seeds
- 1/4 cup dried cranberries or raisins

### DRESSING (Caesar):

- 2 tablespoons raw cashews
- 4 ounces extra-firm tofu
- 1/4-1/2 nor sheet, torn into small pieces
- 1/2 cup water
- 2 tablespoons apple cider vinegar
- 1 tablespoon low-sodium tamari sauce
- 2 teaspoons lemon juice
- 2 teaspoons Dijon mustard
- 2 teaspoons pure maple syrup
- 1 teaspoon nutritional yeast flakes
- 1 teaspoon garlic powder

*continued...*

#### KIM'S HINTS:

If you are not a kale fan I recommend you substitute with a mix of greens and romaine lettuce.

SALADS



PREP



COOK



SERVES

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# Roasted Sweet Potato and Kale Caesar Salad *continued...*

## DIRECTIONS

1. Preheat the oven to 400° F. Line a rimmed baking sheet with parchment paper.
2. Toss the sweet potatoes with the rosemary, thyme and a pinch each of salt and pepper. Spread out the seasoned sweet potato cubes in a single layer on the prepared baking sheet. Roast the sweet potato for about 35 minutes, until they are just barely golden brown on the edges.
3. Wash and strip the kale leaves from their stems. Take a handful of leaves at a time and chop them into thin strips.
4. Place all the ingredients for the Caesar dressing in a high-powered blender and process until smooth.
5. Combine the kale and onion in a salad bowl. Add 2 tablespoons of the dressing and toss to coat. (*you can also massage the dressing into the kale with your fingers for a softer texture.*) Add more dressing as needed, depending on the size of the kale bunch you started with and how much dressing you like.
6. Pile the roasted sweet potatoes on top of the dressed kale leaves. Top with the sunflower seeds and cranberries (*or raisins*). Serve immediately or refrigerate until ready to eat.

### TIP

Any leftover dressing can be stored in airtight container in refrigerator for up to a week